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RIGHT LIVING

How a Woman can Get Well and
Keep Well

ELLA GOULDEN MORRIS

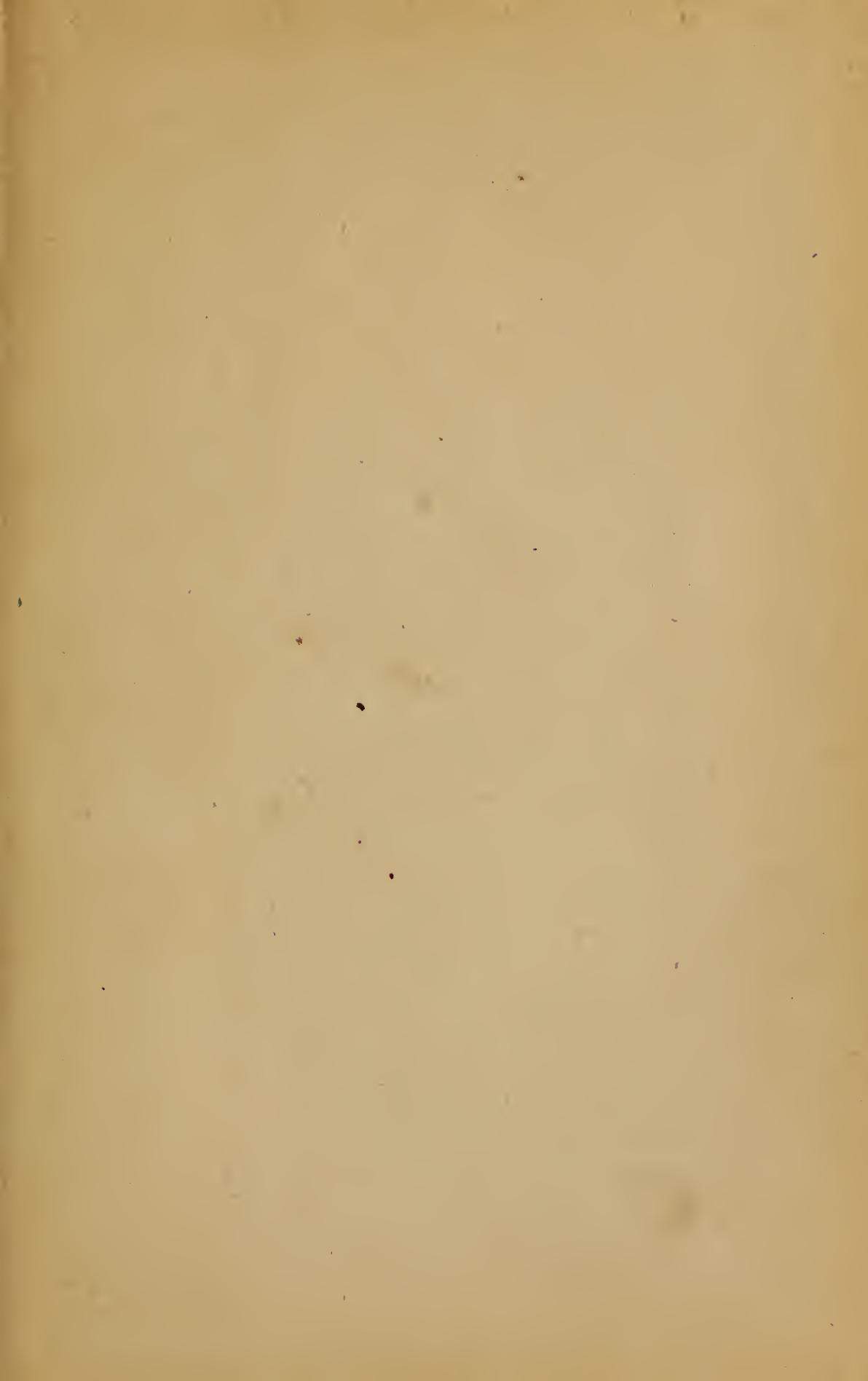


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RIGHT LIVING

OR

HOW A WOMAN CAN GET WELL AND KEEP WELL

BY

ELLA GOULDEN MORRIS

ECLECTIC PHYSICIAN



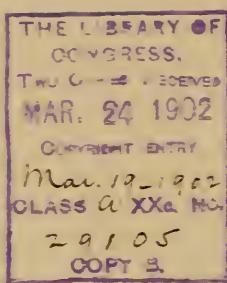
"God so created man, and related him to life, that in order to live free from disease and die of old age, it is necessary for him to obey the laws upon which life and health depend."



SYRACUSE, N. Y.
C. W. BARDEEN, PUBLISHER
1902

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PREFACE

The placing of this unpretentious work before the public, is done at the request of friends and acquaintances who desire it as a reference, and also from an earnest desire on my part to benefit suffering women who are beyond the reach of my personal influence. I claim for it nothing novel, and in one way, nothing original. Realizing the scarcity of reliable literature on this subject, and knowing that thousands of women are dying solely from a lack of knowledge concerning the causes of their diseases, I have, in a simple and condensed manner, brought these causes to their notice.

While I do not advise a sick woman to dispense with a physician, I do advise her to ascertain whether or not her trouble is occasioned by wrong habits of living, and if so, to give up those habits; then employ a physician, and the best one to be had; one possessing good common sense, skill, education, and conscience; for medicine is a dangerous thing in the hands of any other.

Great care has been exercised that the book

should contain nothing unreliable. The recipes for Healthful Cooking have all been tested under my personal direction. With this introduction, I send it on its mission, trusting that every woman into whose hands it falls, may be benefited or restored to health.

All communications relating to anything herein contained, addressed me through the publisher or otherwise, will be willingly and gladly answered.

E. G. M.

SYRACUSE, N. Y.

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CHAPTER I

CAUSES OF ILL-HEALTH AMONG WOMEN

We are all familiar with the old adage, "A little knowledge is a dangerous thing," but the women of the present age, seeking, as they are, to familiarize themselves with all the leading questions of the day have evidently come to the conclusion that no knowledge is a greater calamity. The subjects of health and disease, have, up to a comparatively recent date, been left entirely to a physician, and it is an agreeable fact, that in their pursuit of knowledge, women are not too much engrossed with other things to realize the importance of information concerning the laws of health; for there was never a time in the history of American women, when there was such an alarming prevalence of female diseases, so many homes containing invalids and sufferers, as at the present day.

No close observer needs to be told this, and I doubt if any woman who reads these lines, can recall, among her circle of acquaintances, one-half dozen thoroughly well women; and those of us who read the newspapers cannot fail to be im-

pressed with the rapid increase of nervous prostration, heart failure, and general break-down among both sexes. Not alone among the middle-aged does this occur, but among our school boys and girls. Can it be accounted for in any other way but wrong habits of life?

Modern life is destructive to health. Our day and generation is one of overdoing. We are living in an age of rush and hurry. Everything and everybody is on the running march. The man, animal, or machine which cannot make the fastest time on record is not of much account. We are striving to have and attain in a few years that which our grandparents spent a life-time in attaining; and living constantly at this high tension is both body and mind wrecking.

Women, nowadays, belong to everything but themselves, and work for the good of everything but their own constitutions. Late hours, the wearing of fashionable clothing, and our system of eating, with all the complicated abominations of modern, unhygienic cooking, have each their place in the list of evils which have brought about the present condition of health among women.

We all know it is not possible to change the pace at which we are going, and keep abreast of the times, but a knowledge of the laws of health

will enable us to counteract, in a measure, its effect, and that knowledge is in the reach of every woman, and should be practised by all who desire to be well.



Hundreds of women are eating unwholesome foods, and violating the laws of health in almost every other manner possible, and when nature begins to protest in the form of headaches, stomach trouble, constipation, etc., they at once seek relief in a drug, instead of removing the cause of the trouble. Medicine is often necessary, but a good physician always seeks to remove the cause of disease.



Good healthful food, a moderate amount of exercise, and all the recreation one can get, are the important factors in counteracting the nervous tendency of the day.



We hear talk of the rest, and change, and brightening up effect of clubs for women. If some good woman would organize a Rest Club, ruling out all papers and programmes, making it a place to which a woman could go with the same freedom with which she would go to her mother's house, have a bath and massage, and be put to bed for an hour's rest by an attendant,

lulled to sleep by soft, sweet strains of music floating through the rooms, I would advise every woman to join it; but I would not advise her to take an active part in an Art Club on Monday, a Reform Club on Tuesday, meet with the Physical Culture class on Wednesday, a Historical Society on Thursday, a Woman's Suffrage Club on Friday, interspersed with the meetings of the D. A. R.'s, A. B. C.'s, X. Y. Z.'s, and other alphabetical combinations.



Many of the burdens of some housekeepers are self-imposed. Much of their work could be left out of their daily life, without imperiling either the comfort or happiness of themselves or their families. A woman should not allow the daily routine of household duties to get the mastery of her, and thus become a slave to her work.



Every muscular contraction, every thought, and every emotion requires an expenditure of vital force.



The tonic influence of a few hours of unalloyed enjoyment in a busy and burdened life, is properly estimated by very few. Nothing so quickly lessens the nerve tension as laughter,

and when wittily and intellectually induced, it is the best kind of medicine.



Every woman who does her own work should set apart one hour a day, between one and three o'clock, for her rest hour. She should regard this as her special right, and be decided and systematic about exercising it. When that hour arrives, she should stop work, go to a room where the air is fresh and pure, remove her shoes, loosen the clothing at the neck, chest, and belt, and lie down on a bed, flat on her back. Cover sufficiently to keep warm, having a soap-stone or hot water bag at her feet, if the weather requires it. Place a dark cloth over the eyes, then breathe slowly and deeply, holding the mind at rest, or confining it to the act of breathing. In this way the heart is rested as it can be in no other. If five minutes sleep comes, all the better. Long naps are not advisable during the day, but just to lose one's self long enough to loose the nerve tension is wonderfully refreshing. Do not fancy it will have the same effect to drop into a chair and read a newspaper, or lie on a couch, reading a novel. Lounging is not resting. It requires will power, to decide concerning this rest hour, but once decided and practised a short time, it becomes just as much a habit as does an appetite for food at fixed

hours. This rest, taken regularly, will ward off illness, tone up the nervous system, and keep a woman young and good-natured.



Never undertake more work of any kind than you can carry on calmly and quietly without hurry and flurry; the instant you feel yourself growing nervous, stop work, and begin to breathe regularly and deeply, continuing it for five minutes; then resume your work.

CHAPTER II

RIGHT KIND OF FOOD FOR HEALTH

Food is defined as those substances which we eat or drink to satisfy hunger and nourish the body. Of the many elements required to properly nourish the body, those which supply vitality, strength, and heat, are the most important. It is the duty of all persons to know this, and also to know if their bodies are supplied with them in sufficient quantities by their daily food. This knowledge is as important as any in life, for if we attempt to live on food which lacks any of these elements, we will just as surely die of starvation as though we should attempt to live without any food at all. It would simply require a longer time in which to do so.

Each organ of the body requires elements peculiar to itself, and these elements are absorbed from the blood out of the general mixture which it contains and carries round in the circulation. When the blood contains these elements in the proper proportions, perfect health must be the result. But when it does

not, there is sure to be some disarrangement of the system, tending to disease and death.

The elements which supply vitality, strength, and heat are the phosphates, nitrates, and carbonates.

The Carbonates, or those foods in which carbon predominates, are known as the heat and fat producers. The common carbonaceous foods are,—butter, lard, sugar, rice, rye, chocolate, buckwheat, yellow corn meal, and wheat (white) bread. If our food contained only carbonates, we would soon die, for carbonates will not give strength. If continued a sufficient length of time, an excess of this food will produce in some persons general weakness, headaches, fever, scrofula, cancer, and almost every form of blood and skin disease known. I have known many women suffering from diseases produced by no other cause but a one-sided diet, and with a change of diet to food containing the proper elements, I have seen some of these same women grow strong and healthy, without medicine of any kind. So many cases of this kind have come under my notice that I consider it a matter of almost absolute certainty that if a person would eat the foods which contain the proper elements in proper proportion, the majority of their aches and pains would disappear; for other conditions being right, perfect food

soon produces perfect blood, and perfect blood gives strength to the muscles, and vigor to the whole nervous system.

The *Nitrates* and *Phosphates*, the former known as muscle-makers, supplying strength, and the latter, feeding the brain and nerves, supplying vitality, are those foods in which nitrogen and phosphorous abound. The best of these are—eggs, cheese, oat-meal, lean meat, beans, peas, fish, and entire wheat bread. The necessity of phosphates in the case of an active brain has been clearly and positively demonstrated. The excretions of the body after severe mental exercise contain more phosphates than at any other time, and this loss must be counterbalanced by food containing phosphates, or general weakness, nervous prostration, insanity, and death are the results.

Give the school-girls who are pale and hollow-eyed from over-study, plenty of food for the nerves and brain, and study will not hurt them. On the other hand, withdraw all phosphates from a person's food, and he will become an idiot. These three words—phosphates, nitrates, and carbonates, and the foods which contain them, should be committed to memory ; then by using a little forethought, making one food furnish what another lacks, one is able to serve

a healthful meal and have a nice variety of foods.

There are some foods which contain all the elements required by the body, in their proper proportions. One of these is *Wheat*. Bread made from entire wheat flour is a perfect food, and would support life indefinitely. But the miller, in his efforts to make the whitest, finest, kind of flour, throws out the nitrates, which are near the outside of the grain, and the phosphates, which are in the germ, leaving nothing but the carbonaceous element: and if white bread constitutes the chief food, as it does in many cases, the persons fed on it will grow weak and tire easily, because the muscles and brain are not properly nourished. Only entire wheat bread should ever be made or eaten.

Milk is another perfect food, and if the stomach were large enough to contain it in sufficient quantities, a person could live on it indefinitely.

Farina, eaten with milk and sugar, constitutes a perfect food.

Rye bread, eaten with cheese or lean meat, is a perfect food.

Shelled beans, eaten with white potatoes, are a perfect food.

Oatmeal is rich in phosphates and nitrates; next to cheese, it is the greatest muscle maker

known. A person with a weak stomach should eat it in the form of gruel or jelly, made by a recipe found in another chapter.

Cheese is rich in phosphates and nitrates. In nutritive value, one pound of it equals three and a half pounds of lean beef. A person with a weak stomach should allow it to become a cream in the mouth before swallowing. It will not constipate if eaten with home-made rye bread.

Eggs, cooked according to recipes in another chapter, are easy of digestion, and should form an important part of the diet.

Rice is an excellent food in stomach and bowel troubles, when cooked according to recipe found in another chapter.

Fish is a very nourishing food, rich in phosphates; when broiled, boiled, or steamed, it is easily digested. It is much better for weak stomachs than meat. But be sure that it is fresh; stale fish is poisonous, and sometimes, though free from any bad taste or odor, it will cause very alarming symptoms, and even death.

Apples and *grapes* are both healthful, being rich in phosphates and nitrates.



If only heat and fat are needed, use white bread, rice, yellow cornmeal, and buckwheat cakes. If strength and nerve-force are wanted,

use hominy, entire wheat bread, milk, fish, eggs, beans, lean meat, nuts, fruits, and vegetables.



Every winter dinner should begin with soup.



Dyspepsia is prostration of the nerves of the stomach. A food which feeds the nerves will cure that disease.



On cold days, we should eat heating foods; on hot days, cooling foods.



Barley water, oatmeal water, bran water, toast water, and beef tea are all healthful, strengthening, and nutritious, and need little or no digesting. They are almost immediately absorbed into the blood from the stomach.



Both mind and body require change and variety. A wholesome food should not be used continuously.



A healthy appetite requires about 21 oz. of heaters, 5 oz. of muscle, and 2 oz. of nerve food in twenty-four hours. It is not necessary, however, to weigh one's food, for nature allows a wide margin.

Experts tell us that many cases of unbalanced minds, and even insanity, are caused by a continued lack of the brain-nourishing element (phosphates) in the daily food; the superior organs which control the mind and body not acting at all.



There is no economy in purchasing inferior materials, no matter how simple your fare may be; pure milk, the freshest eggs and butter, wholesome cooking fat, the best brands of baking powder, spices, extracts, and the best grade of flour are the cheapest in the end, and also promote and retain health.



Unfermented grape juice is a valuable food, being easily retained upon a weak stomach. It is valuable in nervous prostration, typhoid, and scarlet fever, diphtheria and pneumonia.



If professional cooking teachers would devote more of their lessons to the preparation of healthful foods, instead of giving so much attention to fancy and less substantial dishes, more benefit would be derived from their instruction.



There is an old saying, "What is one man's meat is another's poison." This is due, in great

measure, to the fact that no two persons need exactly the same elements, in the same proportion, to build up their bodies.



The particles of hard-cooked fat on doughnuts, fried potatoes, fritters, etc., are known as "rock-grease", an indigestible substance, which affects the action of the liver. No food should be fried which can possibly be cooked in any other way.



About three-fourths of the money spent for cakes, pastry, confectionery, and sweet sauces, should be spent on fresh fruits, nuts, vegetables, and fresh eggs.



Much of the food, if properly chewed, is taken into the blood without going to the stomach at all. It is digested by the mouth and throat, and passes directly into the duct that leads to the heart.

CHAPTER III

RIGHT KIND OF DRINK FOR HEALTH

More than two-thirds of the body is water, and two-thirds of all that enters the stomach should be water if we would keep up this proportion. What to drink to keep it up must be answered, in a measure, by each one for himself.

Cold water is the natural drink of man as well as animals, and if we would confine ourselves to the drinking of two quarts per day, taking it one hour before meals, or two hours after, many of our stomach, liver, kidney, bladder, and bowel troubles would disappear. The majority of people do not drink water enough. Many who think they could not drink the above amount of pure cold water in a day, drink as much and more made into tea, coffee, etc., all of which are positively injurious to the health. Coffee is objectionable because it produces biliousness, dyspepsia, and nervousness. Tea is objectionable because it weakens the nerves, produces sleeplessness, injures the stomach and bladder. Cocoa is healthful of itself, but is highly adulterated.

A person in health might take a moderate

quantity of any of the drinks mentioned and no seeming harm result, but for one with a weak stomach and weak nerves who must have warm drinks, the choice of the evils would be weak tea, properly made. The natural drink, cold water, is the best of all if it can be taken. It stimulates the liver to activity, keeps the uric acid in solution, and lightens the work of the heart by liquefying and purifying the blood.

* * *

In case of a weak heart, a great amount of any cold drink should not be taken, and under no circumstances should it be taken with the meals.

CHAPTER IV

RIGHT KIND OF AIR, AND THE RIGHT WAY TO BREATHE IT FOR HEALTH

Few persons seem to realize the difference between in-door and out-door air. Could they be made to realize it, and also the effect which the breathing of foul air has upon the system, there would be more attention given to the ventilation of their rooms, and more time given to out-door exercise. Hundreds of women are suffering with diseases caused by lack of fresh air. They have families to look after, which prevents them from going out every day; and having no idea of the proper ventilation of their living rooms, their blood becomes poisoned, and low vitality and general debility, with a long train of other evils, follow as the result.

The best of food cannot be made into nutritive blood, until acted upon and vitalized by the oxygen carried to the lungs; and if the air we breathe does not contain this oxygen, ill-health must be the result. It is impossible to have good health with impure blood, and breathing fresh air is one of nature's ways to keep it pure.

Every person, to be well, should have exercise in the open air at least one hour in winter and four hours in summer each day. When the weather is such that one cannot go out, the doors and windows should be opened, and the exercise taken by walking from room to room. In the summer time if the house is well aired between five and seven, closed up during the heat of the day, and again opened up two hours at night, it can be kept both pure and cool. If mothers would only plan a little, they would find that on an average one-half their time might be spent out of doors, thus laying up a store of health and strength for the rest of the year. All preparation of fruit and vegetables can be done out in the shade, and, in fact, all sitting-down work.

Even the sewing machine can be taken to the porch, saving disorder in the house, thereby making work less; and much work which cannot be taken out of doors can be left over until a rainy day.

In order to ventilate a room thoroughly, a simple raising of the lower sash of a window is not sufficient. This will answer nicely to let the fresh air in, but there must also be an opening to allow the impure air which has risen to the top of the room to escape. In fact, the upper sash of the window in the sleeping room should be lowered a little throughout the entire year.

The theory of the injurious effects of night air is exploded, and all our best physicians say that only ignorance closes the windows at night.



The wise and wonderful woman of to-day is the woman who takes life easy. She is not thought by her neighbors to be a model house-keeper, nor does she resemble a walking fashion plate when dressed; but she takes a bath, a walk in the open air, and a nap every day, and is a stranger to headaches, backaches, and nervous prostration. Her name is seldom seen in the newspapers, because she is doing nothing remarkable; but her home is the most restful spot on earth, her husband the envy of all his friends, her children happy and healthful, and she is getting a vast amount of comfort out of life as she goes along, with chances in her favor of living to a good old age.

Right way to breathe.—Of all the natural operations we perform, none is more important and none more carelessly done than that of breathing. We should give the same attention to how we breathe as to what we breathe.

A great deal is heard these days of deep breathing. It is not a hobby. Enough cannot be said of it, and a woman has only to practise it daily to prove its benefits. It purifies the blood, increases the circulation, warms the body, aids

digestion, quiets the nervous system and promotes sleep. It will cure headache, asthma, catarrh, bronchitis, and prevent lung trouble.

I realize that this is a sweeping statement, but it is a true one. No intelligent physician will deny that the right kind of air, properly breathed, other conditions being right, will do all and more than is contained in that statement.

The proper way to breathe is known as the diaphragmatic action. First, the chest should be active; that is, raised and fixed by muscular effort, entirely independent of the breathing. This is done by throwing the shoulders back and down, and should be practised constantly. With an active chest, close the mouth, and through the nostrils inhale *deeply* and *regularly*, so as to cause a marked swelling-out in the belt region. This is deep breathing; the natural way to breathe; and we should see to it that no restriction of nervous tension, or any outward pressure stands in nature's way.

Every woman has opportunities to test the effect of deep breathing. When she begins to get nervous, or like one out of breath, or faint, let her go to the door at once, and practise it for a few minutes. The effect is instantaneous. Relief sometimes comes with the first breath.



Almost all the cases of low vitality and feeble

circulation in children rise from a lack of good air.



Avoid draughts, but have plenty of fresh air in your rooms.



Never burn gas in a sleeping room. It consumes as much oxygen as four men would require to support life for the same length of time.



Never allow the air to come in near the floor, with no outlet near the ceiling.



Ordinarily a person breathes from twenty to thirty cubic inches of air at each inspiration.



Sunshine and air are as necessary in maintaining human life as plant life. A person, like a plant, weakens and grows pale, if deprived of either.



If is a well known fact that the air which is expelled from our lungs is a deadly poison, and if breathed over six times, will produce death just as effectually as will choke-damp. Yet many persons hesitate to open their doors and windows in winter, for fear that if a breath of

cold air enters, they will catch cold. The truth is, colds are generally caught in hot rooms. Pure, fresh air never gave anyone a cold, unless the system was debilitated from a lack of it.

* * *

Many women spend the time prescribed by their physicians in the open air each day, but fail to receive any benefit therefrom because of improper breathing.

* * *

A person sick in bed should insist upon having extra covers put on, if in winter, a hot soap-stone or waterbag to the feet, the head covered, and the doors and windows open night and morning long enough to change the air. After closing the doors, the head should remain covered until the room has regained its usual temperature.

* * *

A properly balanced woman will neglect some of her household duties before she will deprive herself of her daily allowances of fresh air, sunshine, and exercise; she will also leave care just inside the door when she goes out.

* * *

The dress and exercise that increase ability to breathe with the diaphragm and abdominal muscles, do more to prevent and cure diseases of women, if not all diseases, than all other possible preventives and remedies.

CHAPTER V

RIGHT KIND OF BATHS FOR HEALTH

It is admitted by everyone that if the body could be kept perfectly clean and free from poison, disease could not exist. Our bodies are constantly undergoing a change. Particles decay, are cast off and replaced by new ones. It is very essential that we understand what becomes of these worn out particles, for it is very plain that were not some plan provided for their removal, serious consequences might follow, as they act as foreign matter, and irritate and poison the whole system if not removed.

Nature has made the necessary provision. All over the body, and all through it, there is distributed a set of little vessels, with their mouths opening on the internal surfaces of all tubes, cavities and membranes, which are continually sucking up and carrying off all the dead particles of matter which they can lay hold of, and pouring it into the blood. A portion of this is separated by the kidneys, and passes directly out of the system. Another portion is carried out by way of the bowels. But by far the

largest part is thrown out by the pores of the skin.

A free operation of this system is very essential to the health of our bodies, and especially is it important that the outlet through the pores of the skin be kept in a healthy condition. There are seven million of these pores in the body of an ordinary sized person, and from twenty to forty ounces of waste matter passes off through them every twenty-four hours. A large portion of this is made up of the decayed particles of the body. An obstruction of this doorway means an accumulation of this waste matter, a derangement of the system of drainage, and eventually disease.

This obstruction can be prevented in but one way, by bathing.

The habit is readily acquired, but requires caution where one is unaccustomed to it. Daily bathing of some sort is recommended at all seasons of the year. On awakening in the morning the entire body is covered with moisture containing impurities which have been thrown off through the pores of the skin during the night. A quick cold bath removes this and stimulates the entire system. With all prescriptions, however, a grain of common sense is understood. A woman unaccustomed to any sort of regular bathing should not begin by taking a

cold bath in the morning, for sickness and death might result. The proper way to accustom one's self to a morning bath is to begin by using pure alcohol, which should be done immediately after getting out of bed. A little alcohol should be poured into the hand, and the neck and arms bathed first; second, the lungs and stomach; third, the bowels and the back; and fourth the limbs. Friction during the bath is an essential part of the process. The skin should be rubbed with a coarse towel, or better, a flannel cloth. The limbs should always be rubbed up, the back down, the bowels from the lower right hand corner up to the ribs, across, and down to the left. The rubbing should be light, as hard rubbing causes flesh to waste away, while light rubbing develops it.

After using alcohol for a week, alcohol and water in equal quantities can be used, and at the end of the second week, in most cases, clear water, at the same temperature as the sleeping room, can be used, without any fear of taking cold. A small handful of salt should be thrown into the water, of which a pint is sufficient. Usually reaction quickly follows, and one feels warm and comfortable. If, however, it does not, a hot drink should be taken immediately.

If this morning bath cannot, for any reason, be taken, then a warm bath should be taken at

night, with water ranging from 90° to 100°. If the vitality is sufficient, this can be taken every night, with excellent results. It equalizes the circulation, removes impurities, moderates pain, rests and soothes the whole system.

Hot baths come in the line of medical treatment, and should not be taken except when advised by a physician. They are both enfeebling and relaxing to the system.

The oil bath is preëminently suitable for delicate, thin-blooded persons. A daily oil bath, with a soap bath once a week, is all that is necessary for perfect cleanliness. The person receiving it should lie down in a warm room, on a couch protected by an oilcloth, while an attendant goes over the entire body, with cocoanut or olive oil, gently rubbing and working the flesh until the greatest possible amount of oil has been absorbed. Usually twenty or thirty minutes is required. Absorption takes place most freely from the pores covering the soles of the feet, the palms of the hands, the inner side of the limbs, and the abdomen; but the manipulation and rubbing are advantageously applied over the entire surface. At the end of the bath the body should be wiped clean. This bath is nutritious, invigorating, and restful. It makes flesh and gives strength.

The spirit vapor bath is very useful and effec-

tive in rheumatism and the earlier stages of fever. Give the patient a glass of cold water, seat her on a chair with all clothing removed. Throw around her form behind a large blanket, leaving only the head uncovered. It must reach the floor, entirely covering the chair. Place two tablespoonfuls of alcohol in a small dish, directly under the chair. Light the alcohol, being careful that no part of the blanket touches it. When consumed, place more liquor in the dish and, repeat the process until perspiration takes place, which in the majority of cases will require from ten to fifteen minutes. As soon as free perspiration is produced, rub the body thoroughly with a woolen cloth, while gradually removing the blanket. Put her in bed immediately, and cover well. After an hour or two, gradually remove the covering, rub the body again with a woolen cloth, and sponge off with alcohol.



Particular attention should be given to bathing the soles of the feet. The relation of the feet to the body is such that the health of distant organs is affected by the treatment they receive. They should be bathed every day.



A good regimen for the morning is to take a three minute bath, dress, wrap up, go to the

window or door, and breathe ten, deep full breaths of out door air. By this time one should have a good appetite for breakfast.

CHAPTER VI

THE RIGHT STATE OF MIND FOR HEALTH

A disturbed state of mind has more to do with causing disease and binding it to us than we can possibly realize unless we have made the effect of mind on the body a study. We should cultivate tranquillity of mind, for nothing more quickly consumes the vigor of life than violence of the emotions. Worry, anxiety, care, anger, sorrow and gloom are all fruitful causes of disease, and will in time destroy the healthiest body. The poison which they produce in the system and which vitiates the blood and makes poor nerves has been isolated, and exhibited in the form of crystals.

Worry and anxiety have become as much a habit with some women as has hurry. One of the highest duties of life is to be happy and make others happy; but worry and anxiety poison the atmosphere of the home and make ourselves and everyone about us miserable. I have heard many good women say, "How can I help worrying?" In some cases a little philosophy will help it, but only a firm faith in God

will help it in *all* cases. It is certainly useless to worry over the inevitable, and worse than useless to worry over that which can be helped; the very worrying incapacitates a woman to do what she might otherwise do, to avert the trouble about which she is worrying. All women know that nine-tenths of the things they worry about never happen, and if some of them do happen, they are met as they were in the past.

“Sufficient unto the day is the evil thereof.” Concern yourself with the sunshine, the friends and the duties of to-day; be cheerful; accept what comes into your life as being God’s will concerning you, and do your best to discharge well the duties of the position in which you are placed, and hope for something better in the future.

In condemning worry, however, we must distinguish between it and proper forethought; the one being a sin, the other a duty.

Disappointment and sorrow, while far removed from worry in nature, affect every organ of the body, and are often the causes of sickness and premature death. For sorrow caused by the loss of loved ones, Christ is the only cure. His presence is the one source of consolation known. It uplifts and sustains when everything else fails, and the whole world stands helplessly by. He can make good to us every earthly loss; and while

the old time joy may be long in coming back to the heart, if our loss teaches us the beautiful lesson of resignation to His will, the peace he has promised will come—that heavenly peace, which “ passeth all understanding.”



We should educate ourselves to love nothing too passionately, hate nothing too violently, fear nothing too strongly, and desire nothing which we know to be beyond our reach.



Mental exhaustion comes to those who look ahead, and try to climb mountains before arriving at them.



The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.



It is our own fault if we are overwhelmed by the tasks, or difficulties, or sorrows of life.



If it is not possible to make a change in our environment, it is certainly possible to alter our attitude toward it, that we may learn how to make the best of it. The question is, not how to get rid of the disagreeable in life, but how to become independent of it, and live our life in spite of it.

Don't be a grumbler. Some people contrive to get hold of the prickly side of everything, to run against all the sharp corners, and disagreeable things. Half the strength spent in grumbling would often set things right. You may as well make up your mind to begin with, that no one ever found the world quite as he would like it.



Unless our religion has sweetened us to a very considerable extent—given us the control of our temper, checked us in our moments of irritation and weakness, enabled us to meet misfortune, developed within us the virtues of patience and long-suffering, making us charitable in our judgments of others—whatever else we have gained, one thing is sure, religion is not having its perfect work in us.



Enjoy what you can of life, and don't allow its grinding ills to disturb you any more than can be helped.



It is possible to endure the ills of life in such a spirit that we shall not be harmed by them—that we shall even grow better and purer through their adverse influence.

It is not the forgetting of the sorrows that may have come into a woman's life, that makes her most charming as a friend and companion, but in the touching up of the grayness with the light of contentment and a happy laugh.



Sometimes the hardest lesson to learn is that of contentment, and to truly believe that we are just where God has placed us.



If we can find no happiness in the position in which we are placed, the chances are that we would find none in Heaven.



Don't let us get soured with life. It does not mend matters. If we have had misfortunes, we are not alone; the world is not all sunshine to anybody.



'Tis easy enough to be pleasant
When life flows along like a song;
But the man worth while is the one who will
smile
When everything goes dead wrong.



Take a good-natured view of every thing which comes into your life, as far as possible;

try this for one day, and mark the change in yourself and the entire household.



A sense of humor should be cultivated in the family; what many homes need, and what the world needs, is more mirth.



Happiness does not depend so much on what comes into our lives, as it does on what is in us.

MISCELLANEOUS

There is only one real failure in life possible, and that is—not to be true to the best one knows.



To be like Christ, to have His patience, and forbearance, and goodness, and tenderness, is the summit of a noble ambition that is worth having.



No great² height, geographical, mental, or spiritual, is attained by one attempt. We must climb, stumble, fall, and try again.



A partial failure of the mental powers accounts for much that is sad and strange in the world. Our charity in judging of another's actions should be as broad as the ocean.



One of the hardest lessons to learn in life, is that the man who differs with us, not only in

opinion, but in principles, may be as honest and sincere as are we.



'Tis not a peaceful citizen whose hand
Against no one is raised, but whose ill-will
Leaves mischief everywhere as snails leave
slime,
Fermenting passions, mean suspicion, hate,
Greed, envy, malice, all akin to war.



Do not be suspicious. The person who is always looking for evil in others, can usually find the greatest quantity of it in his own heart and life. There is evil enough in the world, God knows, but it is not our mission to locate it all, or detail and report it.



We will have few friends if we require faultlessness in them. If the faults of the best of us were written on our foreheads, we would feel like turning our backs to the world.



The home training of a child, the education of the heart and conscience, is more essential to a happy, successful life, than the highest mental education which can be given him. It is unkind and wicked to neglect a child in this respect, and a mother makes an awful mistake when she

sacrifices such home duties for any outside work, however grand and glorious that work may be.

* * *

Even if we are satisfied in youth without faith in God and a future life, we should culture a receptive state of mind toward religion for the sake of our later years. No nature that is human is self-sufficient in all the emergencies of life. The things which give us pleasure and satisfy us in our younger days, will slip away from us, one by one, as the years go by, and their places be filled by care, sorrow, and disappointment. This is the lot of all; at least, the opposite experience is rare; and sometimes they come with such disturbing power that they threaten to wreck our lives. Then just as surely as a drowning man would grasp a life preserver, just so surely will we turn to the Bible, and welcome the voice of Him who said "Let not your heart be troubled."

But we cannot grasp an intelligent, sustaining faith, as we would a life preserver; the union between God and ourselves must be established in quiet times—then, when the crisis comes, His hand is outstretched toward us, and His voice is heard above the raging waters—"It is I; be not afraid."

CHAPTER VII

RIGHT CARE OF THE STOMACH

Some one has said that everything good in this world depends on a good stomach. Notwithstanding the proof we have that good nerves, good blood, and good health in general depends on it, it is the most abused organ of the whole body, both externally and internally.

The greatest internal injuries are: eating improper foods, and foods improperly cooked; over-eating; eating in haste; taking fluid with our meals; and when its strength is well-nigh exhausted, filling it with drugs to assist in keeping up these abuses. What all this internal treatment cannot do, the prevailing fashions will do externally.

It should be remembered that the nutrition of our bodies does not depend upon the amount of food eaten, but upon the amount assimilated and digested. No definite rule can be given as to the exact quantity of food necessary for the system. It must be regulated according to the health of the individual, and the condition of the digestive organs. Physiologists, chemists, pathologists,

philosophers, dieticians and physicians all admit that we eat too much, much more than the body requires. Not, of course, that every individual eats too much, but that the people of this country, as a people, are given to unnecessary and excessive eating. The present fashionable styles of cooking are well calculated to make us mistake taste for appetite, and eat more than we ought, and more than we would of plain, wholesome food. We should always rise from the table feeling that we could eat a little more if something we liked real well were brought on.

If the stomach is unable to digest all we eat, that portion undigested sours, decays, and poisons the blood. Portions of this sour, fermented food often lie in the stomach from one meal to another, and thus the second meal is soured. If this condition is kept up, the blood becomes more and more filled with poison, until serious results follow. Besides, the distention of the stomach from overeating causes it to crowd upon the neighboring organs, interfering with their proper functions. Innumerable cases of heart failure have been caused simply by overeating.

Hasty eating is as injurious to the health as overeating, and people might as well put their food in their pocket as in their stomach, improperly masticated. There is no law of our being which is more rigid in its demands than that which re-

quires our food to be well masticated before it is swallowed. Many cases of bowel and rectum troubles begin with the stomach. Constipation, piles, ulcers, and cancers can be traced to it. The stomach trouble itself is generally caused by one or all of the habits mentioned.

Eating between meals is another cause of a weak stomach. The stomach, as well as any other organ of the body, requires intervals of rest, or its energies are soon exhausted, and weakness of the organ, followed by dyspepsia, is the result.

Not one thimbleful of food should be taken into the stomach until the previous meal is entirely digested. One kernel of popcorn or a crust of bread sets the whole machinery of the stomach at work. I do not wish to be understood as saying that a woman out of health must not eat anything between the hours of seven and twelve in the morning, or between twelve and six at night. The idea is, that the intervals between meals must be long enough to allow the entire digestion of the previous meal; and the length of these intervals depends on what and how much is eaten. A very good plan for a person with a weak stomach is to eat every three hours, beginning at six in the morning.

Indigestion can be cured in many cases if the following rules are carefully observed; no one

should be heard to say concerning them—"A little thing like that will make no difference," for one of the secrets of health is paying attention to small details.

1. Eat only foods which are easy of digestion.
2. Insist upon their being properly cooked.
3. Eat no fried food.
4. Eat few sweets.
5. Eat slowly, and chew all starchy foods until they become fluids, before swallowing.
6. Do not over-eat.
7. Exercise daily in the open air.

Shredded Wheat Biscuit and milk is the best food for this trouble that the author knows of. Prepared by the recipe found in another chapter, it is not only easily digested, but delicious and healthful, containing, as it does, all the elements required for the nutrition of the body.

Medicine is often necessary in indigestion, but it should not be resorted to until errors of diet have been corrected, and should be employed only until the stomach is strong enough to properly do its work.

Peptemzyme is recommended for indigestion by many first-class physicians.

Habitual constipation is a source of many evils. Though so common, it is not by any means a simple condition, but a very serious affair. In constipation, the watery constituents

of the fecal matter are absorbed by the bowels, and carried into the circulation, the blood thereby becoming diseased. Then follows the sallow complexion, circles under the eyes, cold extremities, derangement of the organs of digestion and assimilation, and loss of flesh. There is also a derangement of the entire pelvic system; the continued congestion leads on to inflammation and suppuration. From this we conclude that constipation is not to be trifled with.

The treatment for a cure comprises the mechanical, the dietary and the medicinal. The mechanical part of the treatment consists of a daily bath, exercise in the open air, and abdominal massage (a gentle rubbing or smoothing of the bowels night and morning for ten minutes, as described in chapter on bathing).

The dietary treatment consists of an observance of the rules found under indigestion, to which should be added—eat liberally of fruits and vegetables, avoiding everything containing wheat flour. The medicinal part of the treatment consists of a remedy which will do no harm, the after effects of which will not increase the trouble for which it is given. Laxoid Tablets is such a remedy.



The condition of the bowels is so directly dependent on the kind of food eaten, that with

proper diet, many cases of constipation can be overcome in forty-eight hours, other conditions being right. The diet should consist only of Shredded Wheat, oatmeal, home-made rye bread, fruits, and vegetables. Plenty of cold water, or better still oatmeal water, should be drank two hours and a half after meals. Fruit and Shredded Wheat should constitute the largest part of each meal.

Compression about the waist is a frequent cause of indigestion and constipation. It is estimated that one woman out of a hundred dresses sufficiently loose to suffer no ill effects from compression. How it is injurious can be understood when we consider the anatomy of the human body, the interior of which is composed of two cavities, one above the other. In the uppermost are contained the heart and lungs; in the lower one the stomach, liver, kidneys, and intestines. Below and back of these are the bladder, uterus, and rectum. The whole of this apparatus for circulating the blood, inhaling and exhaling the air, receiving and digesting the food, is neatly and closely packed together, without an inch of room to spare. It can be seen at a glance that compression about the waist must crowd every organ out of its place. The motion of the lungs is impeded, and the blood not properly purified. The heart's action is weakened,

producing palpitation, and eventually disease of that organ. It crowds the abdominal parts down onto those organs in the pelvis, and hinders the peristaltic movement of the bowels, producing constipation and piles.

The amount of misery and the number of deaths caused by compression about the waist is much greater than ordinary people realize. It is the duty of every mother to teach her daughter its effects, and to insist upon the clothing being worn sufficiently loose to allow the organs of the body to attain their natural size, and perform their proper functions.



The weight of a woman's clothing should be borne by the shoulders.



Every woman in this climate should wear woolen clothing next the skin in winter.



Much time is given to Fashion which could be used for better purposes. Women are often led to go beyond their means and resort to crime in order to satisfy their love of dress.

CHAPTER VIII

TESTED RECIPES FOR HEALTHFUL COOKING

Entire Wheat Bread.—To one quart of Entire Wheat Flour, one teacupful of rye flour, one teacupful of wheat flour, half a teaspoonful of salt, two or three tablespoonfuls of molasses, and a piece of butter the size of a walnut, add one and a half pints of luke-warm water, in which a yeast cake has been dissolved, and mix thoroughly; set to rise in a moderately warm place, free from draught; when well risen knead well with wheat flour, place in pans, and set to rise. When light bake in a moderately quick oven for forty-five minutes. If mixed over night, use only a half a cake of yeast.

Rye Bread.—Sift three quarts of rye flour and one quart of wheat flour into a bowl, and mix. Draw the flour to the sides of the bowl, leaving a hole or well in the middle of the flour. Dissolve one cake of yeast in a small teacupful of luke-warm water. Pour into the well in the flour a pint and a half of luke-warm water, and add the water containing the dissolved yeast. Stir in flour from the edges of the well

until the sponge is as thick as griddle-cake batter. Cover well, and set in a warm place to rise. When well risen, which will be in about two hours, add one teaspoonful of salt, a pinch of soda, and make into loaves. When light, bake in a quick oven.

Entire Wheat or Graham Gems.—One-half cup of sugar; butter size of an egg; two-thirds cup of sweet milk; one egg; one teaspoonful of baking powder; a little salt; about one and one-half cups of Entire Wheat or Graham flour. Bake in gem tins.

Biscuit.—One quart sifted flour, one heaping teaspoonful of baking powder; lard size of an egg; a little salt; a cup and a half of sweet milk. Work up quickly into a soft dough. Roll out, cut, and bake immediately in a quick oven from ten to fifteen minutes.

Steamed Loaf.—Two cups Entire Wheat or Graham flour, 1 cup corn meal; 1 teaspoon salt; 1 cup sour milk; 1 cup sweet milk; $\frac{1}{2}$ cup molasses; $\frac{1}{2}$ cup sugar; 1 teaspoon soda. Steam 3 hours and then place in a hot oven and leave 5 minutes.

Johnny Cake.—One-half cup sugar; lard or butter size of egg; $\frac{2}{3}$ cup of sweet milk; one teaspoonful baking powder; $\frac{2}{3}$ cup Indian meal; $\frac{2}{3}$ cup flour; one egg, and a little salt.

Tea Puffs.—Two eggs; 1 tablespoon sugar; 1 cup sweet milk; $\frac{1}{3}$ cup butter; 2 cups flour; 2

spoonfuls baking powder; put in cups and steam $\frac{1}{2}$ hour. This should be eaten with sweet sauce.

Muffins.—Two eggs; 1 tablespoon melted butter; $\frac{1}{2}$ teaspoon salt; 1 quart of milk; 2 teaspoons baking powder and flour enough to make a stiff batter. Bake in greased muffin rings.

Rush.—Toast stale wheat or white bread in a moderate oven until well browned, but not burned. When cold, roll on the bread board until reduced to a coarse meal. Serve with cream or milk, and sugar if desired.

Toast.—Put slices of white or Entire Wheat Bread into the oven and allow them to remain until they are of a delicate brown all the way through. By this process the starch is converted into dextrine, rendering the toast very digestible; whereas toast made by lightly browning the surface of a slice of bread over a hot fire, is absolutely unfit to eat. To make cream toast, dip each slice into hot milk or water, and pour over it enough cream or new milk, boiled and thickened with a little flour, to cover nicely.

Snow-flake Toast.—One-quart milk, $\frac{1}{2}$ cup of cream, and a little salt; when this boils, stir in one tablespoonful of flour, wet with a little milk, and then the whites of two eggs, thoroughly beaten; allow this to boil one-half minute longer; dip the slices of toast in hot milk, pack to-

gether, and pour the snowflake mixture over them.

Indian Meal Mush. — Three pints boiling water; 2 cups Indian meal; 2 tablespoons flour; one teaspoon salt. Sift the meal and flour together, and when the water is boiling hot, let the meal drop slowly into it from one hand, while stirring constantly with the other. Boil slowly for one hour, stirring every few minutes. Serve with milk or cream.

Buttermilk Pop. — Put one quart of buttermilk in a double boiler; just before it boils, add two tablespoonfuls of flour, which has been rubbed with two teaspoonfuls of milk. Stir until boiling. Good for nervous dyspepsia.

Shredded Wheat Biscuit. — Crumble one Shredded Wheat Biscuit into a bowl. Put into it a pinch of salt, and milk enough to cover it nicely. Let stand *fifteen minutes*, then pour over it three tablespoonfuls of cream, and serve. Prepared in this manner, it makes a delicate and nourishing dish.

DESSERTS

Boiled Rice. — Put one cup of rice in a double boiler, and pour into it four cups of water. Add a level teaspoonful of salt, and boil one hour and a half without stirring.

Rice Pudding. — One teacup of rice, one of

sugar, one of raisins, a small piece of butter, a little salt, and two quarts of milk. Bake from an hour and a half to two hours.

Farina Blanc-Mange.—One pint of milk; two tablespoonfuls of Farina. When the milk boils, stir in the Farina and a little salt. Boil twenty minutes. Flavor and sweeten to taste, and pour into moulds. When cool, serve with cream and sugar.

Tapioca Meringue.—One cup of tapioca, three pints of milk, three eggs. Soak the tapioca in water over night. In the morning drain and add the milk. Cook in a double boiler until soft.

Stir in the beaten yolks of the eggs, sweeten, flavor and set away to cool. Before serving whip the whites to a stiff froth, mix with two tablespoonfuls of sugar, and pour over the top.

Tapioca and Cocoanut Pudding.—One cup of tapioca soaked over night; one quart of milk; yolks of four eggs; whites of two; one cup sugar; two tablespoonfuls of grated cocoanut. Bake one-half hour. Make frosting of the whites of two eggs, three tablespoonfuls of sugar, two tablespoonfuls of grated cocoanut and spread over the pudding when baked, and set in the oven until lightly browned.

Baked Custard.—One quart of milk; four well-beaten eggs; four tablespoonfuls of sugar. Flavor to taste. Bake in a moderate oven.

Corn Starch Pudding.—One quart of milk; one cup of sugar; three tablespoonfuls of corn starch; flavor with lemon or vanilla. Boil the milk and sugar together, stir in the corn starch, dissolved in a little cold milk. Boil again, flavor, and turn into moulds.

Plum Pudding.—Dissolve one teaspoonful of soda in two tablespoonfuls of water, and add it to one cupful of New Orleans molasses; to this add one cupful of chopped suet, half a pint of milk, a teaspoonful of salt, a teaspoon of cinnamon, and three cupfuls of sifted flour. Beat vigorously for two minutes, and add the raisins, flowered. Pour into a well-greased basin, and steam three hours. This will keep two weeks in cold weather.

Queen's Pudding.—One pint of stale bread-crumbs, one quart of milk, warmed and poured over the crumbs; add yolks of four eggs, well beaten with one cup of sugar and one teaspoon of butter. When baked, spread over the top a layer of jelly or preserves. Beat whites of eggs to a stiff froth, add two tablespoons of sugar, and spread over the top. Serve warm. Instead of the meringue, the whites and yolks of two eggs can be used in the pudding, and it can be served with a hard sauce.

Steamed Fruit Pudding.—One cup of sugar; one cup of sweet milk; one egg, two cups of

flour; two cups of berries or other fruit; two spoonfuls of baking powder. Serve with berry sauce.

Cottage Pudding.—One cup of sugar; one egg; one cup of milk; one tablespoonful of butter; one teaspoonful of baking powder; two cups of flour. Serve with sauce.

Peach Trifles.—Cut stale sponge cake into thin slices, and arrange in a deep glass dish alternate layers of sliced peaches, sprinkled with sugar, and slices of cake. Pour over this a custard, made from the yolks of three eggs, four tablespoonfuls of sugar, and two cups of milk, flavored with vanilla. Make a meringue of the whites of the eggs, and six tablespoons of powdered sugar. Place this on top of the custard, sprinkle over it shredded cocoanut, and serve very cold.

Graham Pudding.—One and one-half cups of graham flour, one-half cup molasses, one-fourth cup of melted butter, one-half cup of sweet milk, one egg, an even teaspoon of soda, a little salt, one-half cup of raisins, one teaspoonful of cinnamon, and one-fourth of a nutmeg. Steam two and one-half hours. Serve with sauce.

Indian Pudding.—Add to one quart of boiling milk two well-beaten eggs, three tablespoons of Indian meal, one tablespoon of flour, and a

little salt. Bake three-quarters of an hour. Serve with sugar and cream.

Apple Snow.—Mash the pulp of three large baked apples; add one cup of sugar, and the beaten white of an egg. Flavor and beat ten minutes. Apple sauce can be used instead of baked apples.

Chocolate Pudding.—One quart of scalded milk; one and one-half squares of created chocolate; wet the chocolate with cold milk, and stir into the scalded milk. When the chocolate is dissolved, pour into a pudding dish, add the well-beaten yolks of four eggs, and six tablespoonfuls of sugar. Bake three-quarters of an hour. Beat the whites of the eggs, add half a cup of sugar, spread over the top and set in the oven to brown.

Lemon Pudding.—Juice of one lemon; one and one-half cups of sugar; two cups of boiling water, and a pinch of salt. Let it come to a boil, and thicken with one heaping tablespoonful of corn starch. Remove from the fire, and add the beaten yolk of one egg. Stir thoroughly. When it begins to cool, put in small glass cups. Now make a meringue of the white of the egg, place a little in each cup, and brown lightly.

Fruit Custard Pudding.—Put a pint of strawberries, red raspberries, or sliced peaches in a pudding dish. Pour over them one coffee cup of

sugar. Make a boiled custard of one pint of milk, yolks of three eggs, one-half cup of sugar, and one heaping tablespoonful of corn starch. Pour this over the fruit. Make a meringue of the beaten whites of the eggs, with three tablespoonfuls of powdered sugar. Place on top of the custard, and brown slightly in the oven. Serve cold.

Cake Pudding.—Line a pudding dish with stale cake which has been steamed. Fill the dish with boiled custard, spread a meringue over the top, and bake a light brown.

Brown Betty.—Place a layer of finely chopped apples in a pudding dish, then cover with a layer of fine bread crumbs, followed by a layer of sugar and cinnamon. Repeat until the dish is full, using two-thirds apples to one-third bread crumbs. Sprinkle small pieces of butter over the top, put in a little water, cover closely, and bake forty-five minutes in a moderate oven. Serve with cream.

Scalloped Apples.—Butter a pudding dish, and put a layer of peeled sliced apples in the bottom; sprinkle with sugar, a very little flour, some cinnamon, and small bits of butter. Fill the dish in this manner, cover, and bake one hour. Serve cold or hot.

Apple Pudding.—Fill a buttered baking dish with sliced apples, and pour over the top a bat-

ter made of one teaspoonful of butter, one-half cup of sugar, one egg, one-half cup of sweet milk, and one cup of flour, into which has been sifted one teaspoonful of baking powder. Bake in a moderate oven until brown. Serve with cream and sugar or a liquid sauce. Peach pudding can be made in the same manner, and is equally good.

Apple Meringue.—One pint of stewed sour apples; put through a colander; butter size of an egg; grated rind and juice of a lemon; yolks of three eggs, beaten; sweeten to taste; place in a double boiler, and cook ten minutes. Remove from the fire, pour into a fruit-dish; make a meringue of the beaten whites, with three tablespoonsful of sugar, and spread on the top. Brown lightly.

Cherry Roll.—Make a biscuit dough and roll out on the bread board about half an inch thick; over it spread pitted sour cherries; sift over this a little flour. Roll carefully, put into a deep dish and steam one hour. Cut in slices, and serve with sauce, into which pour the juice left from the cherries. Red raspberries or sliced peaches may be used instead of the cherries.

Peach Pudding (delicious).—Line a low granite basin with biscuit crust rolled about as thin as pie crust; pare small peaches, stoning only every

other one, and put into the basin with sugar, butter and water enough to make plenty of sauce. Sift over this a little flour and put on the top crust, slashed as for pie. Bake from half to three-quarters of an hour.

PUDDING SAUCES

Foam Sauce.—Beat one cup of pulverized sugar and the yolks of two eggs together in a bowl. Set in boiling water, and stir until hot, then add the well-beaten whites. Put in a small piece of butter just before serving.

Fruit Sauce.—One large tablespoonful of melted butter, beaten with one and one-half cups of powdered sugar and the white of one egg. Just before serving, add one pint of red raspberries, whole, or one pint of strawberries, slightly mashed.

Plain Sauce.—One teaspoonful of butter, one cup of sugar, one pint of boiling water, thickened with one heaping tablespoonful of flour. Flavor with vanilla.

CAKE

Fine Molasses Cookies.—Two cups of molasses; one cup of shortening; one cup of sugar; one cup of hot water; four level teaspoonfuls of soda; one teaspoonful each of cinnamon, ginger, and salt. Stir molasses, sugar, and melted lard together; add the salt, cinnamon, ginger, and

lastly, the cup of boiling water, into which first dissolve the soda. Stir well, and set away until perfectly cold; add entire wheat flour, mold soft, and bake.

Sugar Cookies.—Four eggs; two cups of sugar; one cup of shortening; one cup of sour or buttermilk; one level spoonful of soda; one teaspoonful of salt; a little nutmeg. Mold very soft, after adding entire wheat flour, and cut quite thick. Sugar can be sprinkled on top, after rolling out, and a raisin placed in the center of each.

Lemon Layer Cake.—One and one-half cups of sugar; two-thirds cup of shortening; whites of two eggs; yolk of one; two-thirds cup of sweet milk; one and one-half or two cups of pastry flour; one and one-half teaspoons of baking powder; three layers.

Filling for cake.—Juice of one lemon; one-half cup of sugar; three tablespoons of boiling water. Let boil, thicken with two teaspoonfuls of corn starch, remove from the fire, and put in the yolk of the egg left.

Molasses Cakes.—One egg; one-half cup of sugar; one-half cup of shortening; one-half cup of sour or buttermilk; one cup of molasses; one level teaspoonful of soda; one teaspoon of salt; two each of ginger and cinnamon.

Marble Cake.—Make the same as ordinary loaf cake or white cake; when ready to put in the tin, take out one-half the butter, and add to it four tablespoonfuls of melted chocolate, and spices to suit the taste. Now put into the cake tin a few tablespoonfuls at a time each mixture, alternately.

Good Fruit Cake.—Four eggs, beaten very light; two cups of dark brown sugar; one heaping cup of shortening; one cup of warm coffee; one pint of molasses; two teaspoons soda; one each of cloves, cinnamon, and nutmeg; one pound of seeded raisins; one pound of currants; one-fourth pound of citron; flour to stir thick.

Spice Cake No. 2.—One cup of sugar (brown); one-half cup of butter; one-half cup of molasses; one teaspoonful each of cinnamon, allspice, cloves, and half of a nutmeg. Beat well together, and add one cup of sour milk, one teaspoonful of soda, and one cup of raisins, floured. Bake slowly.

Sponge Cake.—Yolks of three eggs, beaten with one cup of sugar; four tablespoonfuls of hot water; one teaspoonful of baking powder; the beaten whites of the eggs; a pinch of salt; one and one-half cups of flour.

Coffee Cake.—One cup of brown sugar; one-half cup of butter; two eggs; one cup of cold coffee; one cup of raisins; one teaspoon of soda;

one-half teaspoon of cinnamon; one-fourth teaspoon cloves; one cup of molasses.

Currant Cake.—Cream one cup of butter and two of sugar; add one cup of sweet milk, the well beaten yolks of three eggs, three cupfuls of sifted flour, two cups of currants, one cup of chopped hickory nuts, and two teaspoons baking powder; lastly the beaten whites of the eggs.

White Cake.—One-half cup of butter; two cups sugar; one cup milk; three cups flour; whites of four eggs; two teaspoons baking powder.

Spice Cake.—One cup butter; two cups brown sugar; three and one-half cups flour; one cup cold water or milk; two teaspoons baking powder; three eggs; two teaspoons cinnamon, one-half teaspoon cloves; one-half nutmeg; one large cup raisins and currants.

Nut Cake.—Two eggs, one cup sugar; one-half cup butter; one-half cup sweet milk; one and one-half cups sifted flour; one teaspoon baking powder; one large cup chopped walnuts. Frost, mark in squares, and put a nut-meat on each square.

Rolled Jelly Cake.—One cup of sugar; one cup of flour; four eggs, whites and yolks beaten separately; one teaspoonful of soda and two cream of tartar. Bake, remove from the tin, and place on a wet towel. Spread with jam or jelly,

and roll. Roll the towel firmly around it, and let stand until cold.

SUNDRIES

Cheese Omelette.—Make a plain omelette, and as soon as it begins to thicken, sprinkle in three tablespoonfuls of grated cheese.

Cheese Fondu.—One cup of rolled crackers; three-fourths cup of grated cheese; two eggs, whites and yolks beaten separately; one cup of milk. Stir all together, and place in cups. Put these in a pan of water, and bake twenty minutes.

Cheese Soufflé.—One teaspoonful of butter, rubbed into one-half teaspoonful of flour, and stirred into a half cup of boiling milk. Stir until it thickens. Add two tablespoonfuls of grated cheese, a little salt and a dash of cayenne pepper. Remove from the fire, and add the well-beaten yolk of two eggs. Lastly stir in the whites, beaten to a stiff, dry froth. Turn the mixture into a buttered pudding dish or soufflé cups. Place in pans containing water; bake twenty-five minutes in a moderate oven until the soufflé is a golden brown.

Welsh Rarebit.—Toast bread, butter it, and spread with mustard. Melt cheese, and spread over it; put together the same as sandwiches.

Macaroni and Cheese.—Twelve sticks of mac-

aroni, broken into one inch length, cooked in three pints of boiling salted water twenty minutes. Turn into a colander, pour over it cold water, and drain. Make a sauce of one tablespoonful each of butter and flour, and one and one-half cups of hot milk. Salt to taste. Put a layer of grated cheese in the bottom of a bake dish, then a layer of macaroni, and one of sauce. Then one of cheese, macaroni and sauce, covering the top with bread crumbs, dotted over with bits of butter, and a little grated cheese. Bake until brown.

Baked Biscuit and Cheese.—Soak five large broken biscuit in one cup of milk a few minutes, then add one cup of grated cheese, one tablespoonful of melted butter, salt and pepper to taste. Mix well, put in a buttered bake-dish, and bake slowly half an hour.

Dainty Omelette.—Beat the yolks of six eggs, and add to them six tablespoonfuls of milk, a pinch of salt, a dash of pepper, and a teaspoonful of flour. Put a tablespoonful of butter in a skillet. When it begins to bubble, put in the omelette. Fry to a golden brown, remove carefully from the skillet, spread with an acid jelly, fold over nicely, and place in lettuce leaves. Beat the whites of the eggs stiff,—sweeten slightly, and put a thick coating on top of the

omelette. This makes a dainty, delightful dish for breakfast.

Egg Omelette.—One-half dozen of eggs (whites and yolks beaten separately) a pinch of salt; one-half cup of milk; one tablespoon of flour. Stir lightly together. Put butter in a hot pan, pour in the omelette, cooking to a light brown. Serve immediately.

Shirred Eggs.—Break any number of eggs into a small granite or porcelain dish intended for the purpose, being careful to keep the yolks whole; set the dish in a larger vessel of boiling water. Try the whites with a fork, and when they are congealed and do not run, serve immediately, with butter, salt and pepper.

To cook eggs soft.—Wash them in cold water, and with a spoon (to prevent breakage), put them in boiling water. Cover, and remove from the fire immediately. Allow them to remain ten minutes. They will then be coagulated, but soft, tender, and easily assimilated.

Devilled Eggs.—Boil three eggs twenty minutes and place in cold water. When cool, remove the shells, and cut in halves, removing the yolk. Cream these, and add one teaspoonful melted butter, a pinch of salt, pepper, and dry mustard; put in enough vinegar to make moist, but not wet. Refill the egg whites with this, and serve on a bed of lettuce.

Oysters and Macaroni.—Break half a pound of macaroni in small pieces, and boil twenty minutes. Pour over it cold water, and drain. Spread part of it over the bottom of a buttered baking dish, and put over this one pint of oysters with their liquor. Cover with one-half cup of butter, broken into small bits, pepper and salt, and the rest of the macaroni. Beat two eggs well, and add one and one-half cups of cold milk. Pour this over the macaroni, and cover the top with a few fine cracker crumbs. Bake until the crumbs are brown—about twenty minutes.

Scalloped Oysters.—Drain a quart of oysters, passing the liquor through a sieve. Grease a baking dish, and line with cracker crumbs. Then put in a layer of oysters. Add salt, pepper, and small pieces of butter. Alternate in the above manner until the top layer is reached. Pour in enough milk to moisten all the crackers (first stirring a well beaten egg into the milk). Set in the oven, and cook slowly. When it is a light golden brown on top, it is done.

Codfish Puffs.—One cup of codfish; four medium size potatoes. When the potatoes are well done, put together in a dish, and beat until soft and smooth. Add a tablespoonful of butter, a little pepper, and when slightly cooled, add one or two well-beaten eggs. Shape into balls, pour

over them a little melted butter, and bake until brown.

Codfish and Macaroni.—Take equal quantities of cooked macaroni, and codfish which has been well soaked. Place in a bake dish alternate layers of the macaroni, codfish, and a sauce made of one tablespoonful of butter, a little salt, and one and one-half cups of hot milk. Steam twenty minutes.

Scalloped Turkey.—Pick the meat from the bones of cooked turkey and chop fine. Put a layer of bread crumbs on the bottom of a buttered dish, moisten with a little milk, and put in a layer of turkey, with a little stuffing. Dot with small pieces of butter. Then another layer of crumbs, and so on until the dish is full. Add a little hot water to the gravy left from the turkey, and pour over it. Now take two eggs, two tablespoonfuls of melted butter, two tablespoonfuls of milk, a little salt, adding cracker crumbs enough to make it sufficiently thick to spread with a knife. Put this on the top, and cover with a plate. Bake half an hour. Ten minutes before serving, remove the plate and let it brown.

Chicken Panada.—Take the breast of a chicken; remove the skin, place in a saucepan with water enough to cover, and let simmer slowly for two hours; then press through a wire sieve,

and add to it the broth; season with salt and pepper. Add four tablespoonfuls of cream, place over the fire, and let come to a broil. Serve. Delicious and nourishing.

Pressed Chicken.—Boil a chicken in as little water as possible until the meat will fall from the bones. Remove all skin, chop the meat, and season with pepper and salt. Boil down the liquid in which the chicken was cooked and pour it over the meat. Place in a baking tin; press with a heavy weight for several hours. Cut in thin slices, and serve.

Broiled Fish.—Wash the fish thoroughly in salt and water; spread it out flat on a wire broiler; sprinkle with salt, and set in a dripper in the oven. Bake twenty minutes, then brown over hot coals. Pour over it melted butter, and serve.

Baked Fish.—A fish to bake should weigh from four to six pounds. Make a dressing of bread crumbs, butter, salt, a little salt pork chopped fine, and parsley and onions if desired; mix this with one egg. Fill the body, sew it up, and lay in a large dripper. Lay across it some strips of salt pork to flavor. Put into the pan a pint of water and a little salt. Bake one and one-half hours. Baste frequently.

Steamed Fish.—Wash the fish thoroughly in salt water, place in a round, deep dish, salt and

pepper, and put in a steamer. Steam one hour. Pour over it melted butter, and serve.

Sauce for Fish.—Two tablespoonfuls of melted butter; one-half cup of vinegar; one teaspoonful of ground mustard, salt and pepper. When this boils, add one cup of milk and the yolks of two eggs. Boil again, stirring constantly. Juice of a lemon may be used instead of the vinegar if desired.

Mint Sauce (for roast lamb or mutton).—Mix one tablespoon of white sugar and half a teacup of good vinegar. Add the mint chopped fine. Salt.

Oyster Dressing for Turkey.—One pound of stale bread, dipped in cold water, and chopped fine; add two stalks of chopped celery, one-half cup of melted butter, a pinch of thyme, salt and pepper. Add to this two quarts of the best oysters, strained from their liquor, and carefully picked over for bits of shell. If necessary, add some of their liquor to moisten the dressing. Put a half cup of melted butter in the frying pan; put in the dressing, cover, place on the fire, and let cook slowly for a half an hour, turning and mixing occasionally. When nicely browned, fill the turkey. Dressing made in this way is never soggy.

Clam Chowder.—One dozen clams, one quarter of a pound of fat salt pork; three good sized

onions; eight potatoes; one-half can of tomatoes; one-half teaspoonful of lemon extract. Cut pork in dice; slice onions thin; put in stew pan and fry until brown; add three pints of hot water, and juice from clams. Cut potatoes in dice, and put into the boiling mixture. When nearly done, add the tomatoes. Cook until potatoes are thoroughly done, add the clams, chopped fine, the lemon extract, one level teaspoonful of salt, and a dash of black pepper. Let simmer, not boil, for two hours.

Chicken Pie.—Two chickens, jointed small; cook until tender; season with butter, salt, and pepper; thicken the gravy with flour. Make a biscuit crust, with which line the pie-dish. Fill the dish with chicken and gravy, cover with crust, and bake half an hour.

Baked Duck (delicious).—Boil the duck in salted water until perfectly tender; let stand in the water over night; this renders it very juicy. In the morning, or a half an hour before wanted, stuff with turkey dressing, put in the dripper, pouring over it a portion of the water in which it was boiled; bake half an hour, or long enough to heat thoroughly. Baste every five minutes.

Fried Oysters.—Take large-sized oysters; drain and dry; dip in a beaten egg, then in cracker crumbs, and fry in hot butter or lard. Bad for weak stomachs.

Stuffed Beef.—Use a cut of round steak an inch thick; lay it on a molding-board, sprinkle over it a cup of chopped suet, and add a layer of grated bread crumbs, seasoned with butter, salt, pepper, and a bit of chopped onion. Roll tightly, and tie with wrapping twine. When ready to cook, place in the dripping pan a half a cup of suet, and when very hot, put in the meat, well rolled in flour; allow this to remain on the stove until well browned on all sides. Then add hot water to partly cover it, cover closely, set in the oven and let bake until done. When done, lift out the meat, thicken the juice, pour over it, and serve.

Potato Puff.—To two cups of cold mashed potatoes add one tablespoon of melted butter, two well beaten yolks of eggs, one cup of milk and a little salt. Beat up light, and stir in the beaten whites of the eggs. Put in a greased baking dish and bake.

Escalloped Potatoes.—Slice boiled potatoes thin; put in a baking dish a layer of potatoes and a thin layer of rolled crackers. Sprinkle in pepper and salt and three or four small pieces of butter; then add layers of each until the dish is filled. Over all pour a cup of cream or rich milk. Bake.

Broiled Potatoes.—Boil eight or ten large potatoes; when cold, slice lengthwise, and put in the

oven or on a fine wire broiler over a hot fire; when brown, remove, and pour over them melted butter. Serve.

Cream of Green Corn.—Remove the kernels of six ears of corn; chop fine; scald one cupful of milk and add to it while hot three beaten egg yolks, a pinch of salt, a pinch of white pepper, two teaspoonfuls of butter, and the chopped corn. Cook until creamy. Remove from the fire, and fold in the stiffly beaten whites of the eggs; pour into small, well-buttered teacups; set cups in a pan of warm water, place in a moderate oven and bake thirty minutes. Un-mold onto a leaf of lettuce and serve immediately.

Stewed Turnips (good).—Pare and slice the turnips, cutting the slices into pieces about half an inch square. Cook in plenty of salted water forty-five minutes; drain through a colander; return to the dish in which they were cooked, put in a good-sized piece of butter, pepper, and salt if necessary; cover, set on the back of the stove, and let simmer fifteen minutes.

Corn Cakes.—One pint of grated corn; two eggs; one tablespoon melted butter; three tablespoons sweet milk; two and a half tablespoons of rolled Boston crackers. Fry in spider.

Creamed Cauliflower.—Tie a cauliflower in netting and boil until tender; drain, untie, lay

in a dish, and dress with a little hot milk, butter, pepper and salt.

Tomato Soup.—One quart of water; six large tomatoes cut up well. Boil till tender and strain through a colander; return to the cooking dish, and when it comes to a boil, put in one-fourth teaspoonful of soda. Stir well, add one pint of sweet milk, salt, and pepper. Let boil again, and serve with a lump of butter in each dish. Canned tomatoes may be used if desired.

Vegetable Soup.—To three quarts of stock add one chopped carrot, one chopped potato, four stalks of celery, chopped, one onion, chopped, one-half cup of cooked tomatoes, and two tablespoonfuls of rice. Flavor with thyme.

Potato Salad.—Boil five large potatoes and when cold, cut into small cubes; add one Bermuda onion, chopped fine, one cup of chopped celery and four hard boiled eggs, chopped; pepper and salt to taste. Pour salad dressing over this and serve.

Chicken Salad.—Cook a chicken until tender, and chop fine; add five cold boiled eggs, chopped, and two cups of chopped celery, or half celery and half lettuce. Season with salt, pepper, and one teaspoon of dry mustard. Add one cup of cream, and mix lightly with a fork. Garnish with slices of hard boiled eggs.

Oatmeal.—Oatmeal should be thoroughly

cooked; underdone it can do a great deal of harm and is not fit to eat.

One cup of rolled oats; three and one-half cups of cold water; a little salt. Cook in a double boiler one and one-half hours without stirring.

Oatmeal Jelly.—Cook the oatmeal as directed above, and strain through a gravy strainer while hot; add salt to taste. Dip into small sauce dishes immediately, and let stand until cold. Eat with cream, sugar and nutmeg. Sour cream may be used instead of sweet cream if desired. This is delicious, healthful, and easily digested.

Oatmeal Gruel.—Cook according to above directions; strain through a gravy strainer while hot; add milk until it is of the right consistency. This and the two preceding dishes are excellent for constipation.

Rice Gruel.—Two tablespoonfuls of rice; one quart of cold water. Cook in a double boiler one and one-half hours; strain through a gravy strainer; add milk and salt. Good for looseness of the bowels.

Indian Meal Gruel.—Put two tablespoonfuls of Indian meal into four tablespoonfuls of cold water; after rubbing smooth, stir into one pint of boiling salted water. Let boil a few minutes, then set on the back of the stove, and cook slowly, two hours. Thin with milk.

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Coffee Jelly.—Soak one tablespoonful of Knox's gelatine in a little cold water for five minutes. Pour over it a scant quart of boiling coffee; add a pinch of salt; stir well, and strain. Set away to cool. Eat with sweetened cream and sugar. Delicate and stimulating.

Cream Nutbar.—Three cups of granulated sugar; one cup of milk; one-third cup of butter; vanilla. Cook for about twenty minutes, or until it will wax; then add one pound of English walnut meats, cut fine. Remove from the fire, stir until creamy, and pour in a mold to harden.

Chocolate Fudge.—Two squares of chocolate; two cups of granulated sugar; one-half cup milk; butter size of an egg. Boil until it will harden if dropped into cold water, flavor with vanilla. Add chopped nuts if desired. Remove from the fire, stir until creamy, and pour on buttered plates.

TEA

Tea is poisonous if allowed to stand on the grounds longer than three minutes. It should never be drank clear. Directions.—Allow one level teaspoonful of tea for each cup. Pour over it boiling water. Cover and let stand three minutes. Stir well, strain from the grounds, and serve.

THREE MEALS FOR AN INVALID

Breakfast.—A banana, sliced and sprinkled with salt and a little black pepper, or a baked apple; oatmeal jelly or Shredded Wheat; rye or entire wheat bread.

Dinner.—Soup; baked potatoes, steamed fish, rye or entire wheat bread; for dessert, an orange, peeled, and sliced crossways.

Supper.—A soft boiled egg, toast, and fresh fruits.

HEALTHFUL AND REFRESHING DRINKS

Coffee and Egg.—Make a cup of strong coffee, add boiling milk, and a little more sugar than usual. Pour this, boiling hot, onto a thoroughly beaten egg. Stir well, and serve. A sick person having lost appetite and needing nourishments can often be sustained by this when nothing else can be taken.

Toast Water.—Toast two or three slices of stale bread until brown, but do not scorch. Break in small pieces and put a cupful of them into a pitcher. Pour onto this three cupfuls of boiling water; let stand ten minutes, strain, cool and serve.

Rice Water.—Wash four tablespoonfuls of rice, add to it three cupfuls of cold water; cook in a double boiler one hour or longer. Season

with salt, strain, and serve. Useful for looseness of the bowels.

Oatmeal Water.—Two tablespoonfuls of raw oatmeal to one pint of cold water; let it stand three hours in a cool place, stirring occasionally; drain off as required. This is very nourishing for invalids. Good for constipation.

Bran Water.—Put two quarts of wheat bran and three quarts of cold water into a large dish and let soak over night. The next morning, rub and squeeze the bran with the hands until all the meal which adheres to it is washed off; strain through a fine sieve, pressing and squeezing until the bran is almost dry. This is a pleasant and nutritious drink.

Flaxseed Lemonade.—Four teaspoonfuls of whole flaxseed, stirred into one quart of boiling water; let it cook slowly for three hours. Strain, sweeten to taste, and add the juice of two lemons.

If too thick, add a little water. This is very soothing and useful to patients suffering from colds.

Dandelion Wine.—Pour a gallon of boiling water upon a gallon of dandelion blossoms; let stand three days, strain, and add three pounds of sugar, two oranges, one lemon (both sliced), and one hard yeastcake. Let stand for three weeks, strain, and bottle. Useful in stomach, liver, and kidney trouble.

Grape Juice.—Pick Concord grapes from the stems, wash, and place in a preserving kettle with one pint of water to every three quarts of fruit. Slowly bring to a scald, stirring occasionally. Dip into a cheese cloth bag, and drain over night. In the morning add sugar to suit the taste; bring to a boil, and seal in glass cans, like fruit. This is pure, unfermented grape juice, and is a valuable, unstimulating tonic.

Fine Lemonade.—A drink which is a great improvement over plain lemonade, is made by adding the juice of two oranges and half a pint of strawberries to every half-dozen lemons. The lemons should be rolled, sliced thin, seeds removed, put in a pitcher, and a cupful of granulated sugar poured over them. Mash well and add the other fruit juice. Heap a pint of chopped ice over all, and allow it to stand a few minutes before adding the water and remaining sugar. This is improved by the addition of small cubes of pineapples.

Currant Water.—When currant juice is at hand, use three tablespoonfuls to half a glass of water; sweeten slightly, and serve. A teaspoonful of currant jelly dissolved in half a glass of water makes a refreshing drink.

Egg Lemonade.—Beat one egg to a froth; make one goblet of lemonade, using the juice of an entire lemon. Sweeten to taste, stir in the egg,

and add cracked ice. This is delicious and refreshing.

MISCELLANEOUS SUGGESTIONS

Japanese Incense.—This is valuable in the sick room, or to overcome any powerful smell. Three sticks will be sufficient, and when quite consumed, a pleasant, mystical odor fills the room. The incense can be purchased at any department store, is very inexpensive, and besides being useful in cases such as those mentioned, is delightful to burn occasionally for the mere enjoyment of the queer, uncommon odor it affords.

Skin Wearing Through.—In cases where the skin wears through from long lying in bed, paint the part affected with white of egg, applied with a camel's hair brush.

Medicine, to make palatable.—It is said that if a bit of alum is held in the mouth a moment or two, or a sip of lemon juice is swallowed before nauseous medicine is given a patient, the disagreeable taste of the mixture will be much less apparent. Personal experience has proved the value of the suggestion.



When thoroughly chilled, take a glass of hot milk, with sufficient cayenne pepper to render it smartly to the tongue.

Fainting is caused by the blood leaving the brain. To revive, lay the patient flat on the back; loosen the clothing about the neck and waist; sprinkle a little cold water in the face; a half-teaspoonful of aromatic spirits of ammonia, given in a wine glass full of water will tend to revive the patient and prevent a return. Do not allow persons to crowd around and prevent free circulation of air.



Sleep on your right side; by sleeping on the left, the heart is crowded by the other organs.



Two salt bags should always be kept ready to use in case of a sudden need of a hot application for the body; they are useful for neuralgia, ear-ache, toothache, sore-throat, and severe pain anywhere. A convenient size is 3" x 6". They should be made of two thicknesses of strong, soft cloth, stitched, turned, and filled nearly full of salt; when needed, place in the oven, turn occasionally to heat through, and apply alternately.



To guard against contracting typhoid fever while away on a summer vacation, the following plan is considered safe:—Scald a bottle and its cork thoroughly before starting, and upon arriv-

ing at your destination, fill it with the drinking water and send it to the nearest bacteriologist for an examination; until his report concerning it is received, drink only water which has been boiled; allow no ice to be put into it, as ice often introduces impurities into water which otherwise would be pure.

In country towns and among farmers, indigestion is sometimes aroused if the purity of the water in the old farm well is questioned. It is not easy for the owner to associate disease germs with "The old oaken bucket that hangs in the well" from which his fore-fathers drank, but nevertheless the water from this same old bucket is often productive of disease.

A noted bacteriologist, in a recent conversation with the writer upon this subject, stated that three-fourths of the cases of typhoid fever which occurred in his city, were traced to impure drinking water away from home. He also stated that the safest and simplest way to guard against it is "to drink nothing uncooked".



Great care should be exercised concerning the diet during convalescence from illness. A milk diet should be followed by gruels, that by Shredded Wheat; then toast, fresh fruits, steamed fish, and broiled steak can be safely given.

For sleeplessness, try a diet of rice and milk for supper, and a walk in the open air before going to bed.

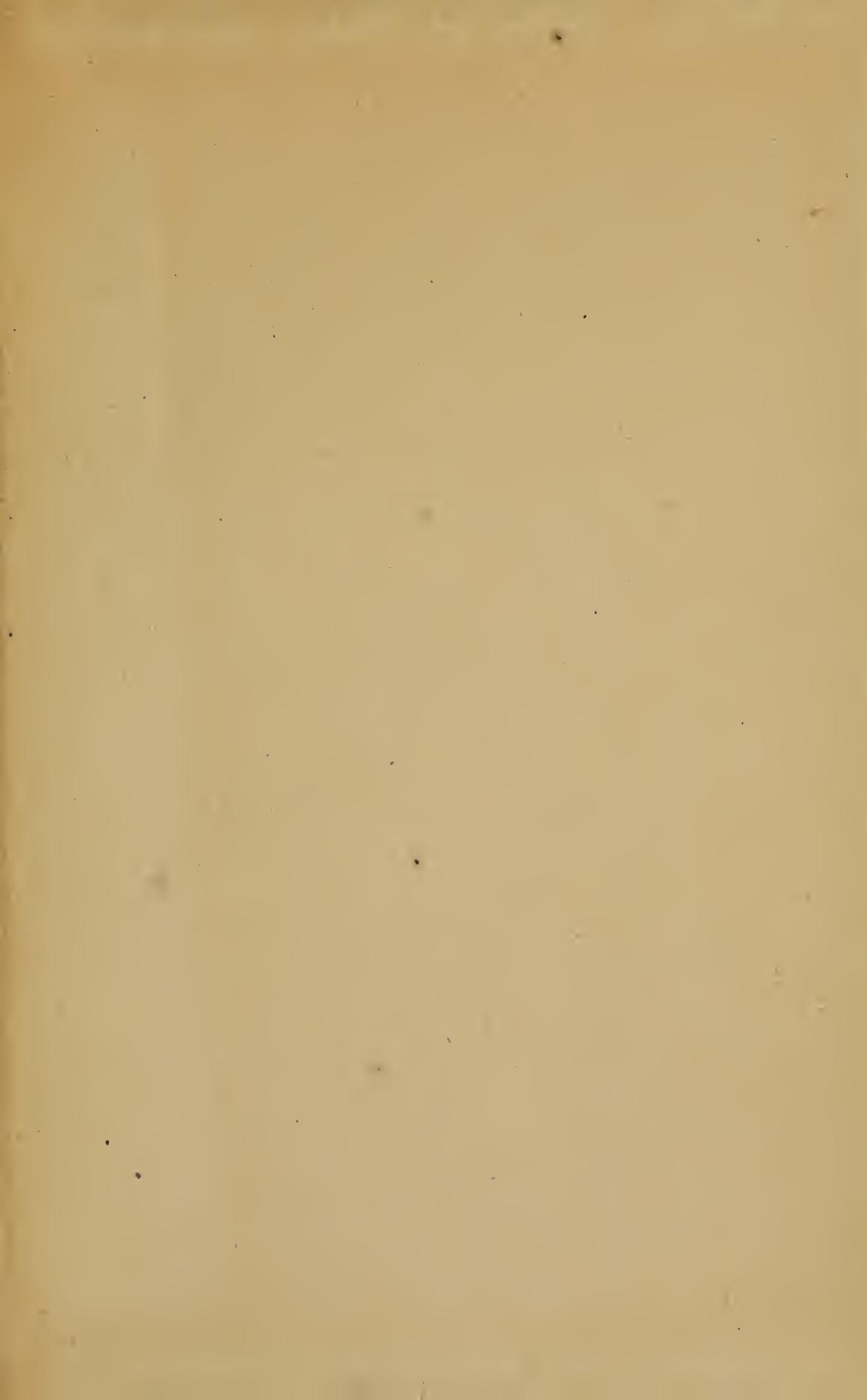
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